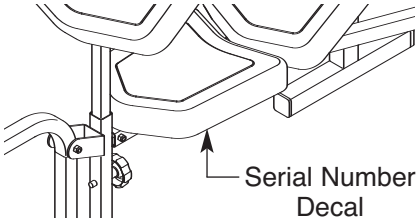
WEIDER® PRO 256

Sears Model No. 831.15791.3
Kmart Model No. WEBE1137.3

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

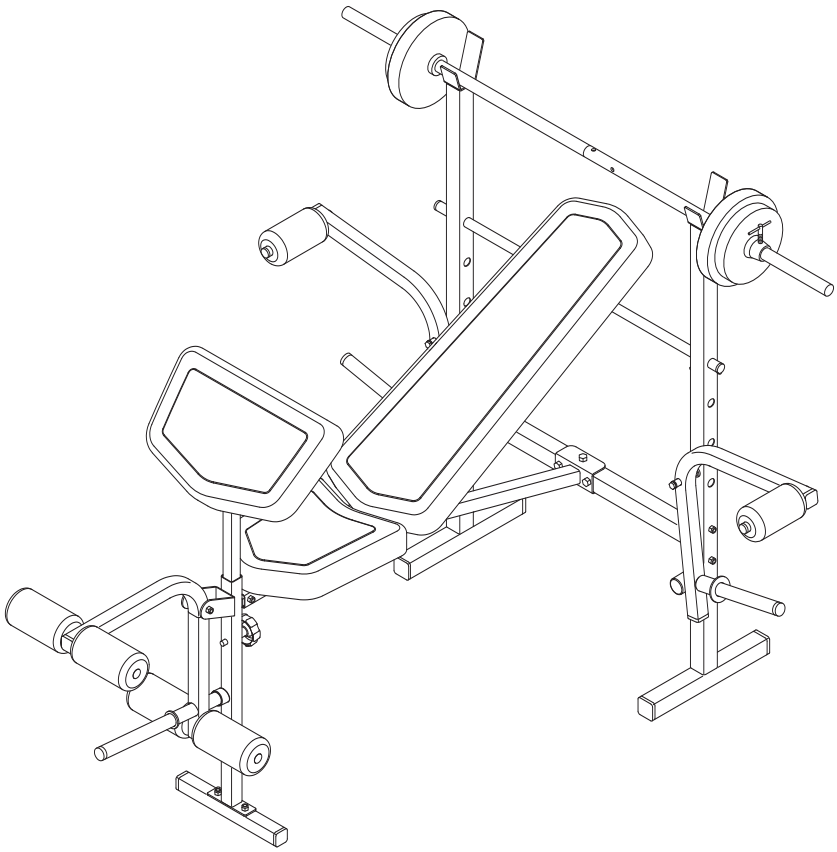
SEARS CUSTOMERS:
1-800-4-MY-HOME®
(1-800-469-4663)

KMART CUSTOMERS:
1-877-992-5999
Mon.–Fri., 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weiderfitness.com

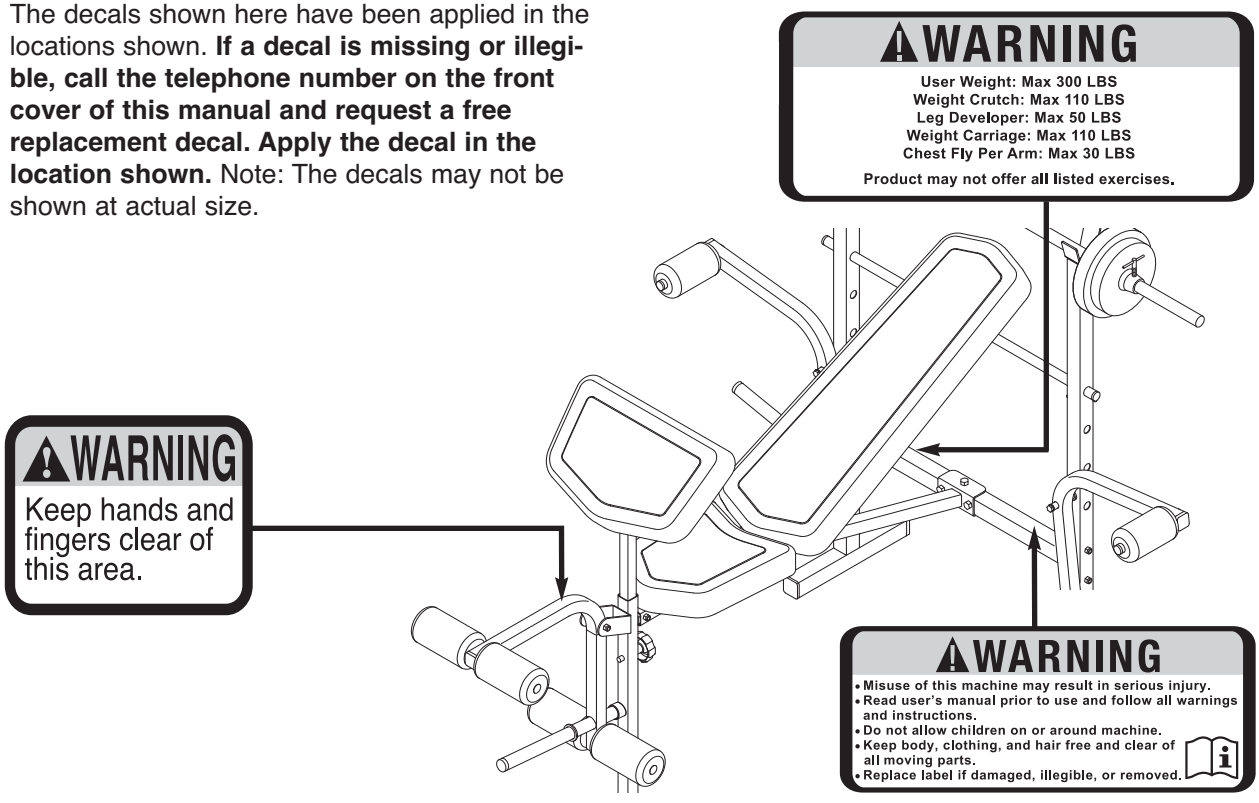
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
ADJUSTMENT 10
EXERCISE GUIDELINES 12
PART LIST 14
EXPLODED DRAWING 15
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS
Product may not offer all listed exercises.
WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

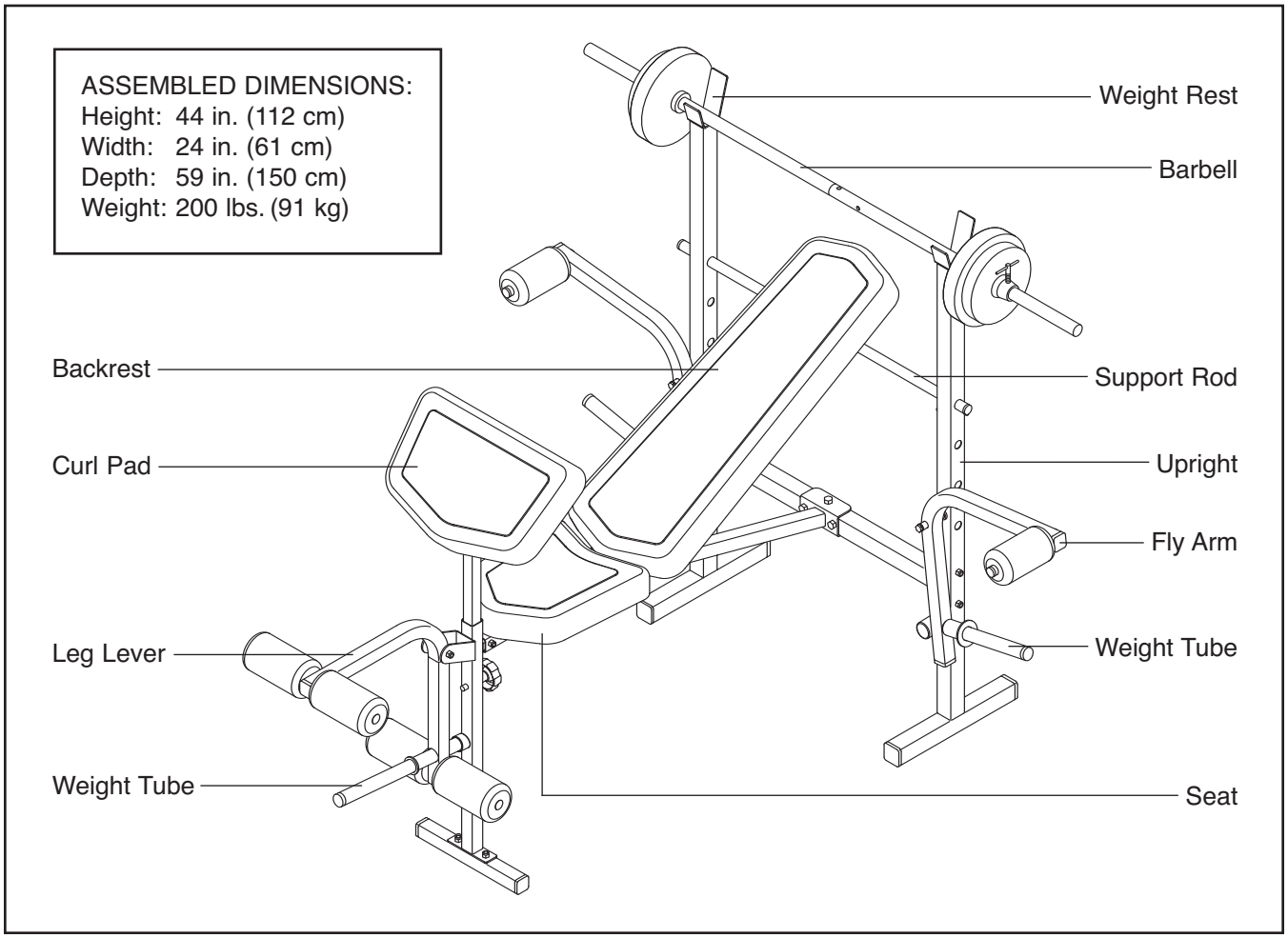
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
5. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under the age of 12 and pets away from the weight bench at all times.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg), and a maximum total weight of 410 lbs. (186 kg). Do not place more than 110 lbs. (50 kg), including a barbell and weights, on the weight rests. Do not place more than 30 lbs. (14 kg) on each fly arm. Do not place more than 50 lbs. (23 kg) on the leg lever.**
11. **Do not use a barbell that is longer than five ft. (1.5 m) with the weight bench.**
12. **Always make sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.**
13. **When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
14. **When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.**
15. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 256 weight bench. The versatile weight bench is designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you to achieve the specific results you want.

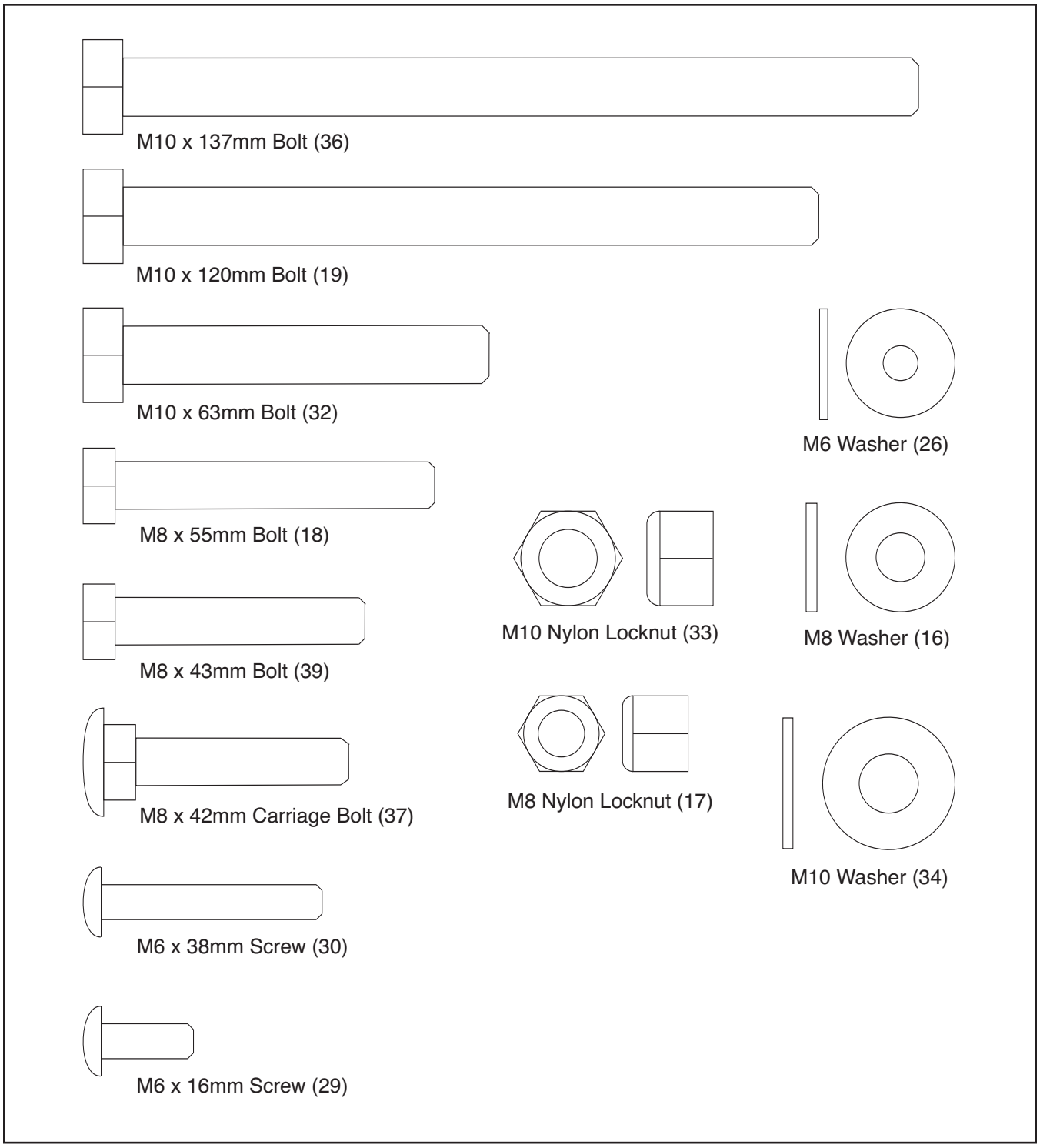
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST near the end of this manual. **Important: Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**


M10 x 137mm Bolt (36)
M10 x 120mm Bolt (19)
M10 x 63mm Bolt (32)
M6 Washer (26)
M8 x 55mm Bolt (18)
M10 Nylon Locknut (33)
M8 Washer (16)
M8 x 43mm Bolt (39)
M8 x 42mm Carriage Bolt (37)
M8 Nylon Locknut (17)
M10 Washer (34)
M6 x 38mm Screw (30)
M6 x 16mm Screw (29)

ASSEMBLY

Make Things Easier for Yourself

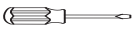
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

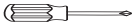
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches

One rubber mallet

One standard screwdriver 

One Phillips screwdriver 

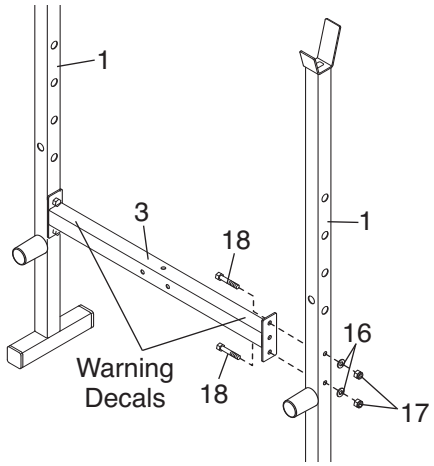
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

   Orient the Crossbar (3) so that the warning decals are on top. Attach the Crossbar to an Upright (1) with two M8 x 55mm Bolts (18), two M8 Washers (16), and two M8 Nylon Locknuts (17); **do not tighten the Nylon Locknuts yet.**

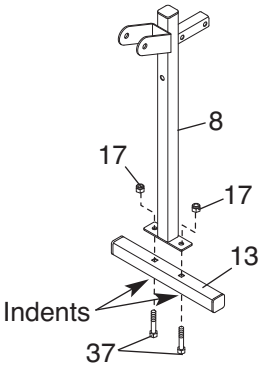
   Attach the Crossbar (3) to the other Upright (1) in the same way.

1

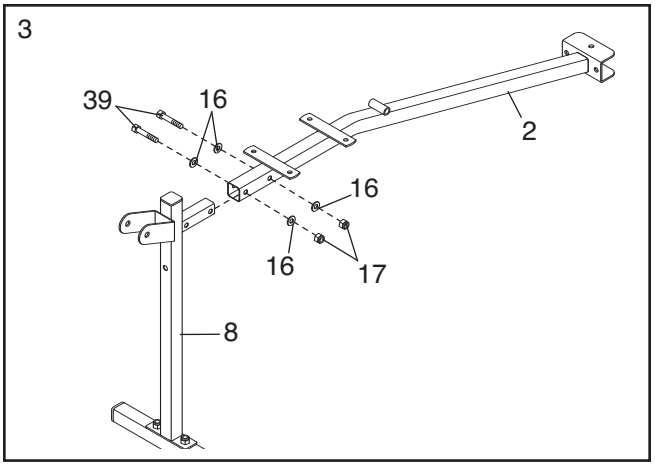


2. Orient the Stabilizer (13) so that the indented holes are facing the floor. Attach the Front Leg (8) to the Stabilizer with two M8 x 42mm Carriage Bolts (37) and two M8 Nylon Locknuts (17); **do not tighten the Nylon Locknuts yet.**

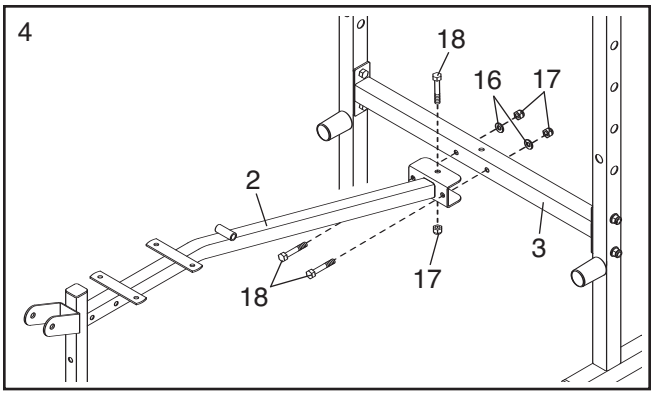
2



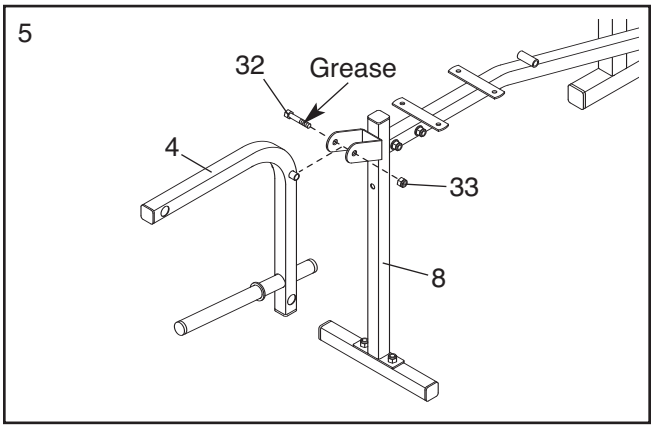
3. Attach the Front Leg (8) to the Frame (2) with two M8 x 43mm Bolts (39), four M8 Washers (16), and two M8 Nylon Locknuts (17); **do not tighten the Nylon Locknuts yet.**



4. Attach the Frame (2) to the Crossbar (3) with three M8 x 55mm Bolts (18), two M8 Washers (16), and three M8 Nylon Locknuts (17); **do not tighten the Nylon Locknuts yet.**

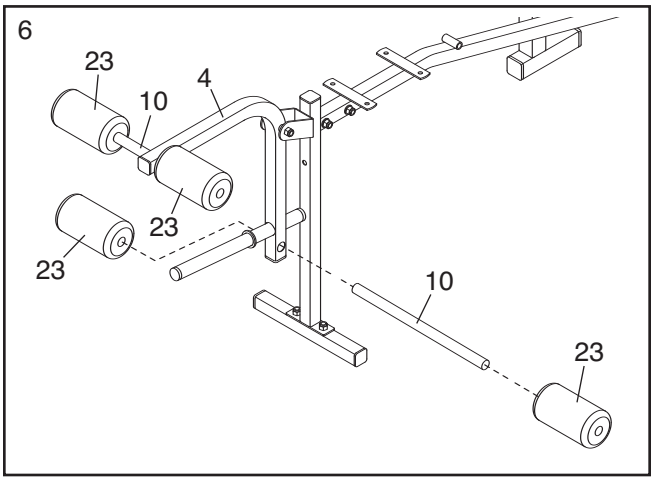


5. Apply some of the included grease to an M10 x 63mm Bolt (32). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**

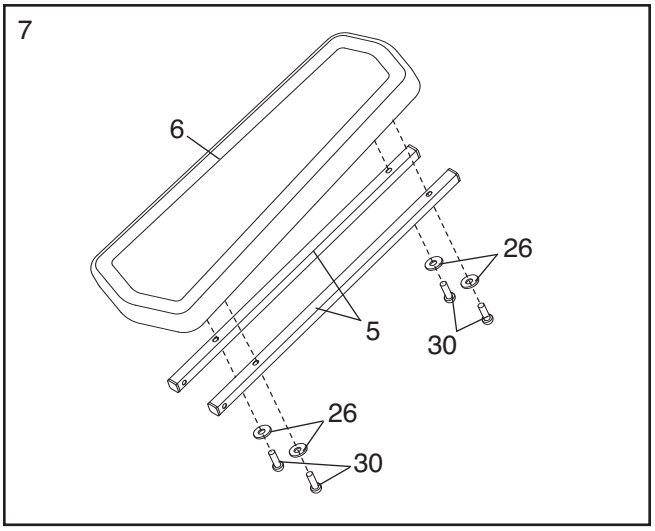


6. Insert a Long Pad Tube (10) into a hole in the Leg Lever (4). Slide two Foam Pads (23) onto the Long Pad Tube.

   Attach the other Long Pad Tube (10) and Foam Pads (23) in the same way.



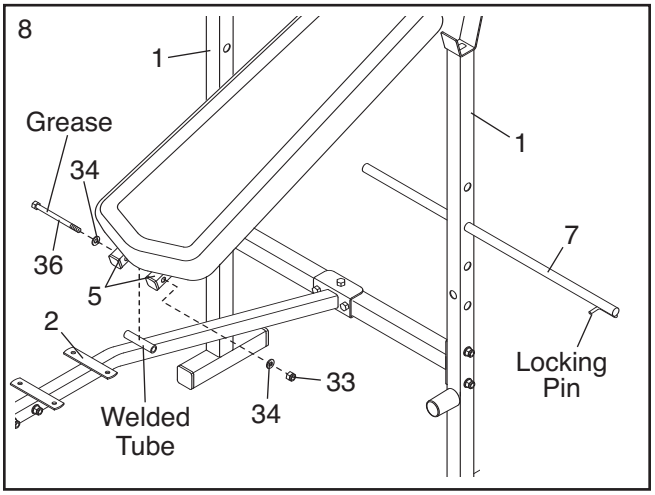
7. Attach the Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (30) and four M6 Washers (26); **do not tighten the Screws yet.**



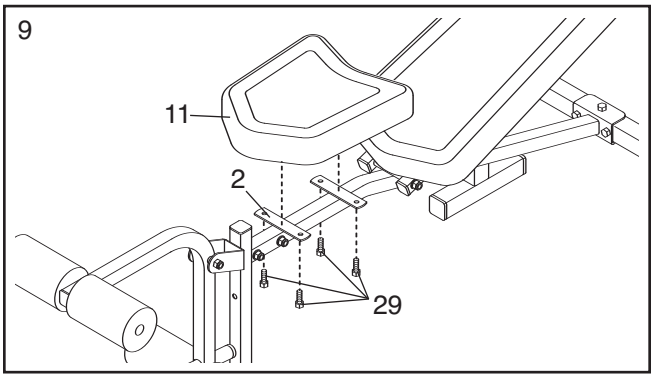
8. Insert the Support Rod (7) into a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the left Upright.

   Grease an M10 x 137mm Bolt (36). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Do not over-tighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

   See steps 1–4. Tighten the M8 Nylon Locknuts (17). **See step 7.** Tighten the M6 x 38mm Screws (30).

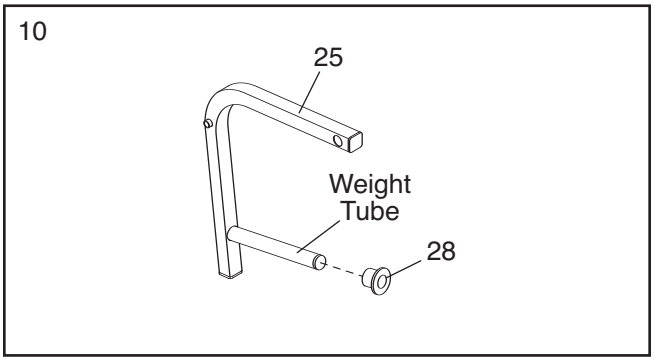


9. Attach the Seat (11) to the Frame (2) with four M6 x 16mm Screws (29).



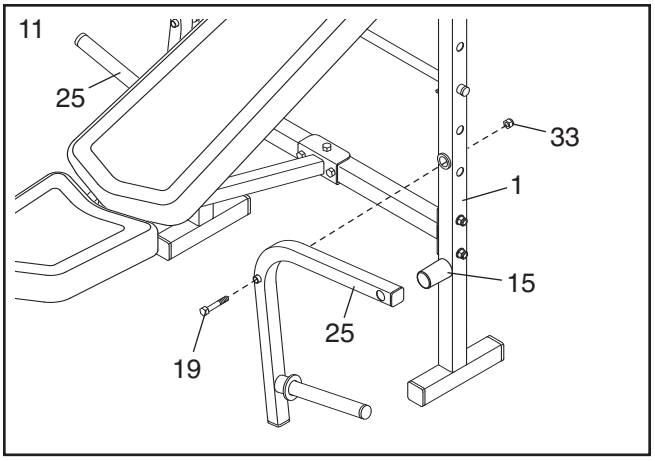
10. Slide a Weight Stop (28) onto the weight tube on a Fly Arm (25).

    Slide a Weight Stop (not shown) onto the other Fly Arm (not shown) in the same way.



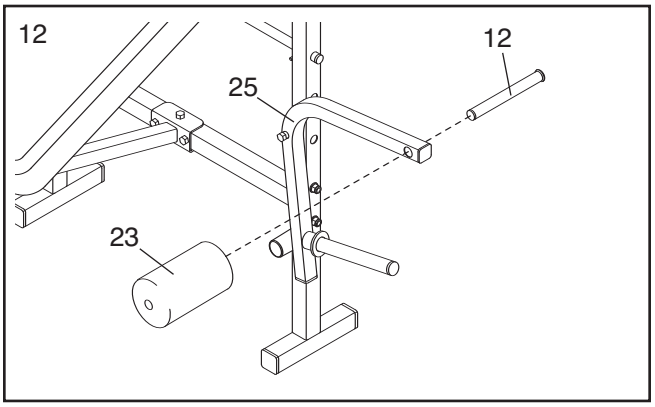
11. Attach a Fly Arm (25) to an Upright (1) with an M10 x 120mm Bolt (19) and an M10 Nylon Locknut (33). **Make sure that the Fly Arm is on the outside of the Fly Arm Stop (15). Do not overtighten the Nylon Locknut; the Fly Arm must pivot easily.**

    Attach the other Fly Arm (25) in the same way.

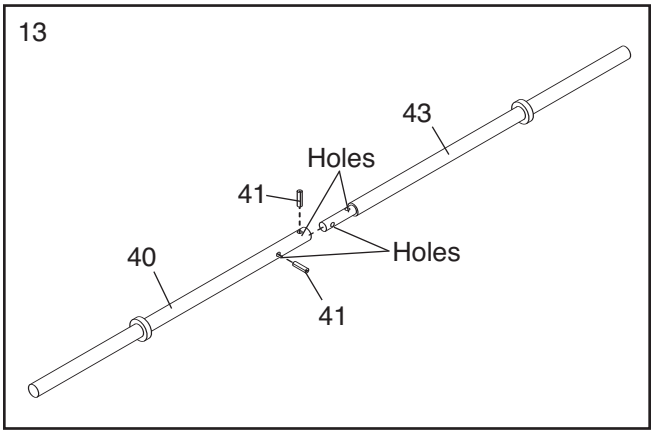


12. Insert an Arm Pad Tube (12) into the indicated hole in a Fly Arm (25) from the side shown. Next, slide a Foam Pad (23) onto the Arm Pad Tube; the Foam Pad will hold the Arm Pad Tube in place.

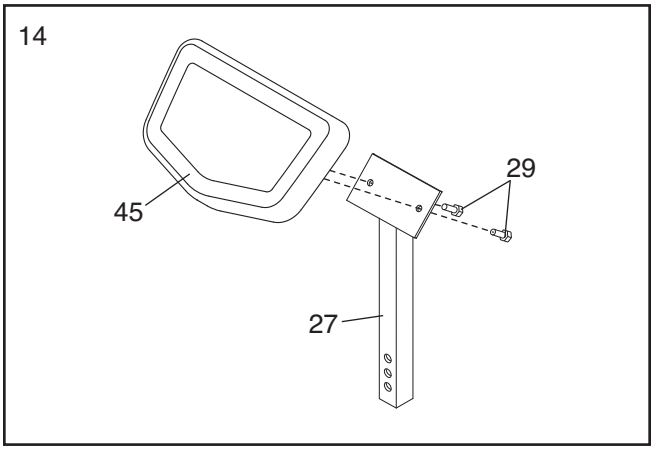
    Repeat this step with the other Fly Arm (not shown).



13. Insert the Inner Bar (43) into the Outer Bar (40) and align the indicated holes. Using a hammer, tap the two Roll Pins (41) into the holes until they are flush with the Outer Bar.



14. Attach the Curl Pad (45) to the Curl Post (27) with two M6 x 16mm Screws (29).



15. **Make sure that all parts are properly tightened before the weight bench is used.** Note: Some hardware may be left over after assembly is completed. The use of all remaining parts will be explained in ADJUSTMENT, starting on page 10.

ADJUSTMENT

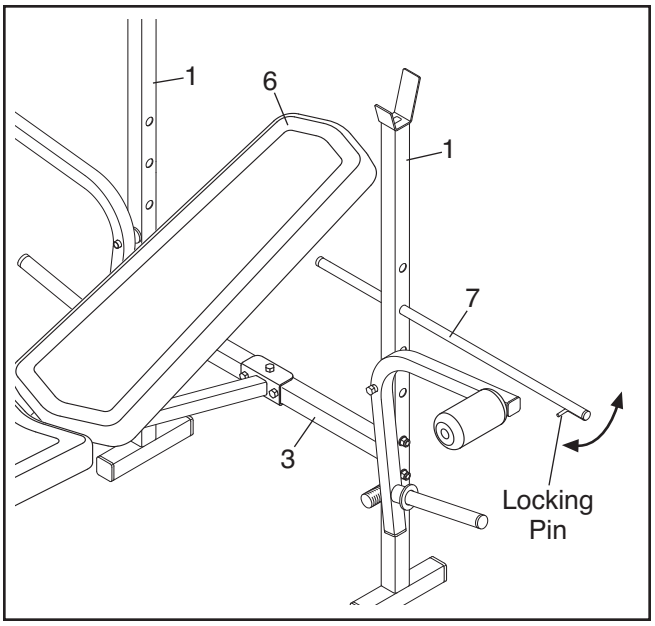
The steps below explain how the weight bench can be adjusted. See the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) into a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the left Upright. Rest the Backrest on the Support Rod.

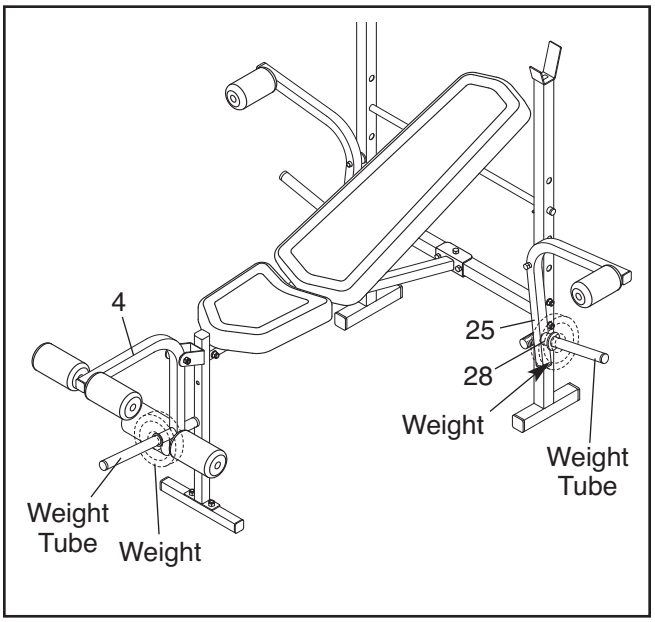


ATTACHING WEIGHTS TO THE LEG LEVER OR THE FLY ARMS

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. **Do not place more than 50 lbs. (23 kg) on the Leg Lever.**

To use the Fly Arms (25), make sure there is a Weight Stop (28) on each weight tube. Next, slide the desired amount of weight onto the weight tubes. **Do not place more than 30 lbs. (14 kg) on each Fly Arm.**

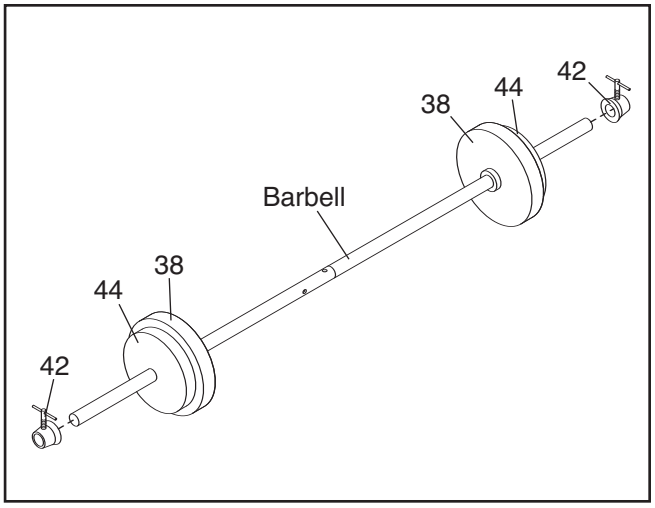
⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.



ATTACHING WEIGHTS TO THE BARBELL

Slide an equal amount of Weight (38, 44) onto each end of the barbell. Slide the two Lock Collars (42) against the Weights, and tighten them fully.

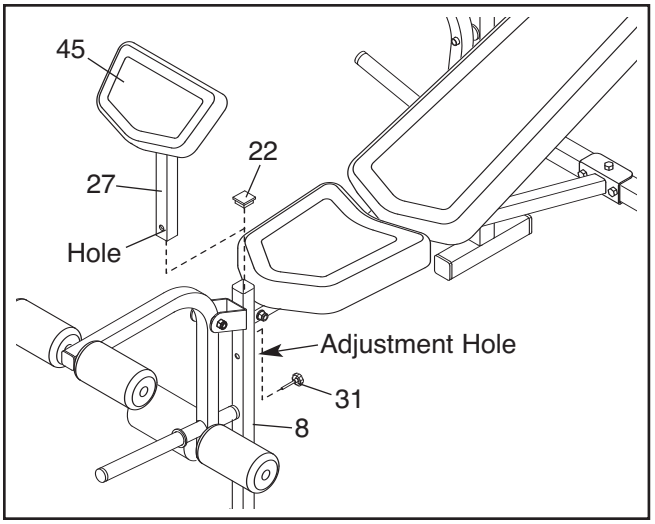
⚠ WARNING: Always secure the Weights (38, 44) on the barbell with the Lock Collars (42). Never use the barbell with more than 100 lbs. (45 kg).



ATTACHING THE CURL PAD

For some exercises, the Curl Pad (45) must be attached to the weight bench. Remove the 30mm Square Inner Cap (22) from the Front Leg (8). Insert the Curl Post (27) into the Front Leg, and align an adjustment hole in the Curl Post with the adjustment hole in the Front Leg. Secure the Curl Post with the Curl Knob (31).

Note: When the Curl Pad (45) is not being used, store it away from the weight bench, and insert the 30mm Square Inner Cap (22) into the Front Leg (8).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down; find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stage. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

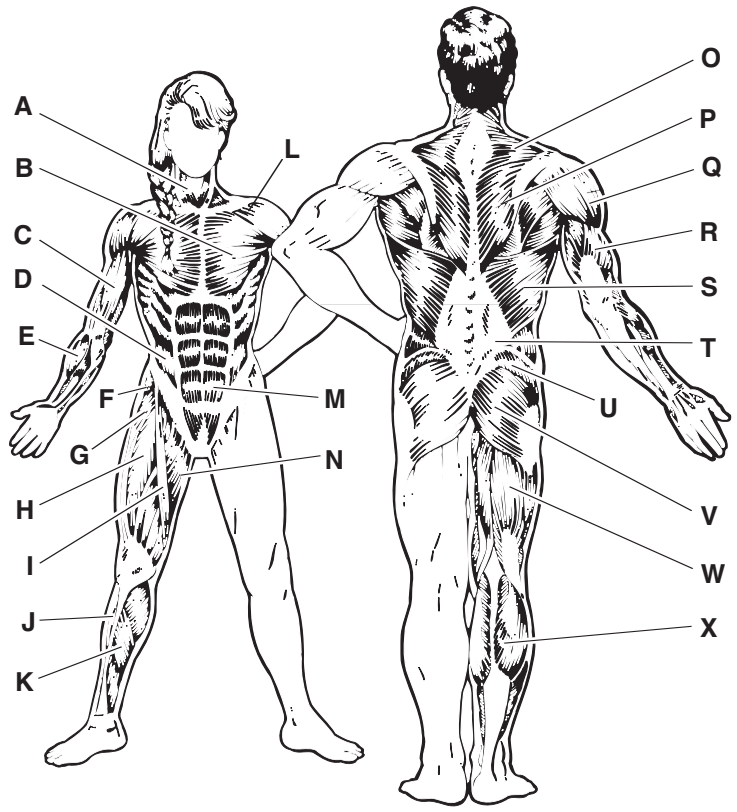
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

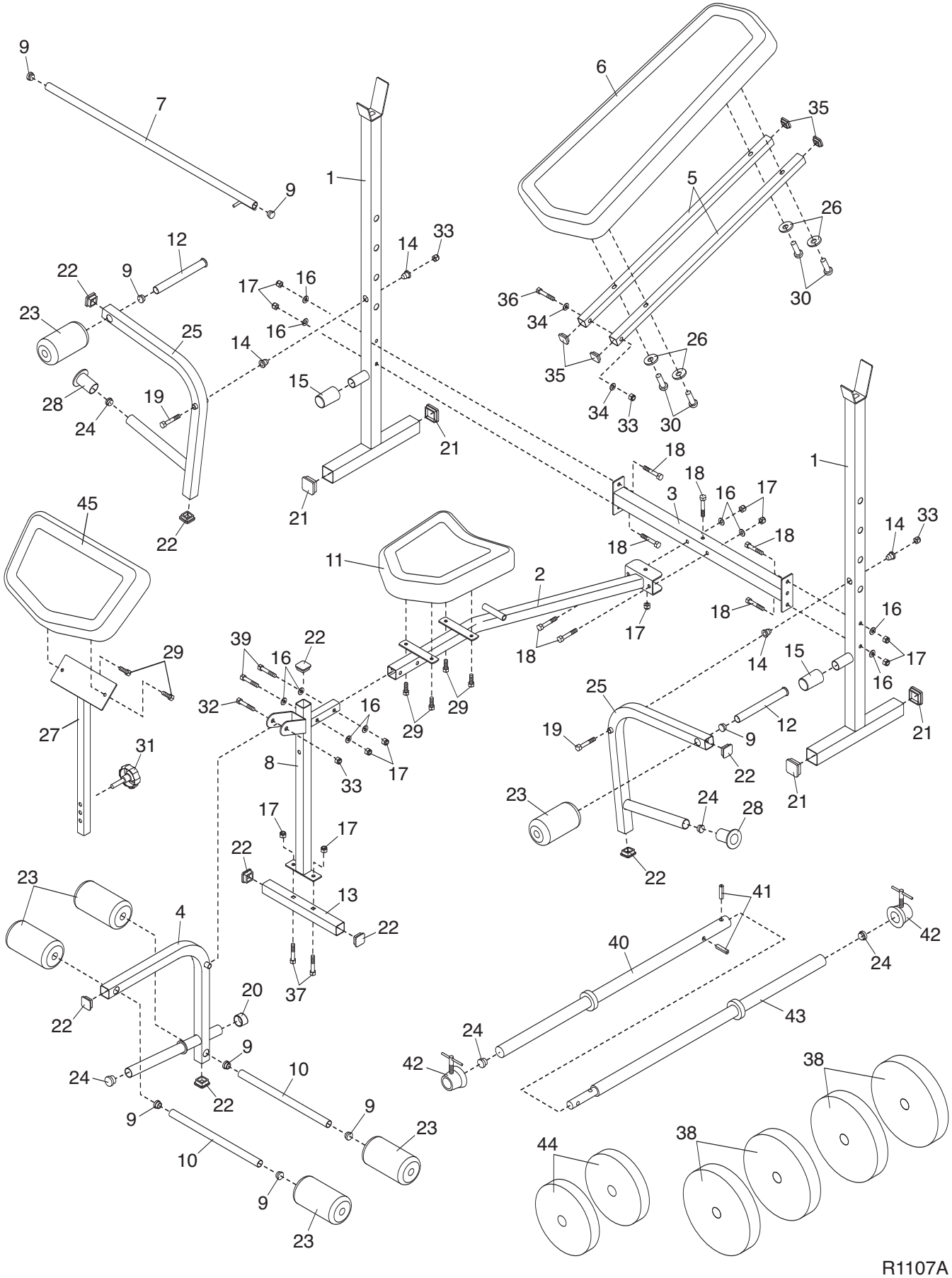
A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

PART LIST SEARS MODEL NO. 831.15791.3; KMART MODEL NO. WEBE1137.3 R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	25	2	Fly Arm
2	1	Frame	26	4	M6 Washer
3	1	Crossbar	27	1	Curl Post
4	1	Leg Lever	28	2	Weight Stop
5	2	Backrest Tube	29	6	M6 x 16mm Screw
6	1	Backrest	30	4	M6 x 38mm Screw
7	1	Support Rod	31	1	Curl Knob
8	1	Front Leg	32	1	M10 x 63mm Bolt
9	8	19mm Round Inner Cap	33	4	M10 Nylon Locknut
10	2	Long Pad Tube	34	2	M10 Washer
11	1	Seat	35	4	25mm Square Inner Cap
12	2	Arm Pad Tube	36	1	M10 x 137mm Bolt
13	1	Stabilizer	37	2	M8 x 42mm Carriage Bolt
14	4	Plastic Bushing	38	4	15-pound Weight
15	2	Fly Arm Stop	39	2	M8 x 43mm Bolt
16	10	M8 Washer	40	1	Outer Bar
17	11	M8 Nylon Locknut	41	2	Roll Pin
18	7	M8 x 55mm Bolt	42	2	Lock Collar
19	2	M10 x 120mm Bolt	43	1	Inner Bar
20	1	25mm Round Angled Cap	44	2	10-lb. Weight
21	4	38mm Square Inner Cap	45	1	Curl Pad
22	9	30mm Square Inner Cap	*	–	User's Manual
23	6	Foam Pad	*	–	Exercise Guide
24	5	25mm Round Inner Cap	*	–	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING SEARS MODEL NO. 831.15791.3; KMART MODEL NO. WEBE1137.3



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part 261064 R1107A

Printed in China © 2007 ICON IP, Inc.